



GUIDELINES ON HOW TO MEASURE YOUR BLOOD PRESSURE

Check your blood pressure twice a day, once in the morning before taking your blood pressure medications and once in the evening. It is essential to record both the top number, known as **SYSTOLIC PRESSURE**, and the bottom number, also known as the **DIASTOLIC PRESSURE**. Please record your **PULSE** too.

TO TAKE AN ACCURATE READING:

- Find a quiet place and sit on a chair that supports your back and sit beside a table that supports your arm.
- Remember to wait for at least two hours after a big meal, half an hour after drinking coffee or any caffeinated drink, smoking or exercise, before taking a reading.

BEFORE TAKING A READING:

- Empty your bladder and/or bowel if you are uncomfortable.
- Sit in your chair, rest and relax for at least 5 minutes without distractions.
- Avoid watching TV, talking, or checking your smart phone during that period.
- Avoid taking readings when you are uncomfortable, cold, anxious, or in pain.
- Always keep your feet on the floor and avoid crossing your legs or ankles.

CHECK YOUR BLOOD PRESSURE:

- Place the arm cuff on your bare arm and ensure that your arm is always at heart level.
- Do NOT use a wrist blood pressure machine or cuff.

FOR EVERY READING...REMEMBER To check your blood pressure TWICE, few minutes apart, every time you measure your blood pressure and record both readings for systolic pressure, diastolic pressure, and the pulse.

The Virtual Nephrologist
<https://thevirtualnephrologist.com/>

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MY BLOOD PRESSURE LOG

PATIENT NAME: _____ DOB: _____

MY BLOOD PRESSURE GOAL IS: _____

Check BP twice a day, once in AM before taking your blood pressure medications and once in the PM
For every reading check your systolic and diastolic BP and Pulse **twice**, few minute apart and record

Sit in a quiet place and on a chair that supports your back, and beside a table that support your arm
Wait two hours after a meal and half an hour after coffee or caffeinated drink, smoking or exercise
Empty your bladder and bowel if needed, sit in a chair, rest-relax for 5 minutes without distractions
Always keep your feet on the floor and do NOT cross your legs or ankles
Place the arm cuff on your bare arm. Keep your arm at heart level. Do NOT use a wrist BP monitor

WEEK 1			WEEK 2		
Date	AM	PM	Date	AM	PM
EXAMPLE	120/72 58	116/78 68	EXAMPLE	120/72 58	116/78 68
6/1/2020	124/74 60	118/80 70	6/8/2020	124/74 60	118/80 70
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Two weeks before your appointment with your healthcare provider, start checking and recording BP
Bring this Log with you to your provider for appointment. **DO NOT RELY ON OFFICE BP READING**

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MY BLOOD PRESSURE LOG

PATIENT NAME: _____

DOB: _____

Date	AM	PM		DATE	AM	PM
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